

# **TRURO COMMUNITY EDUCATION CLASSES FALL 2014 REGISTRATION & INFORMATION**

## **CONTACT**

Truro Community Education

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## **WHEN AND WHERE CLASSES BEGIN**

- Classes begin the week of October 20, 2014 unless otherwise noted
- Descriptions of the classes will indicate when the classes begin and end
- Classes will be cancelled if TCS is closed due to inclement weather

## **HOW TO REGISTER**

- Registration forms are available at the following locations:
- Truro Public Library
- Truro Town Hall
- Truro Central School
- Seaman's Bank
- Savory & Sweet Escapes
- Download a registration form from the Truro Central School website
- **Mail registration or bring to Truro Central School prior to October 10, 2014 – late registrations will be accepted but some classes may be cancelled due to lack of participation so signing up early is best!!**

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## CLASSES

### Quilting *Christine Grozier*

**Truro Central School Cafeteria**

**Class Begins: \*\*October 20, 2014 (10 Weeks)\*\***

**Mondays, 7:00-9:00PM**

**\$35.00**

Have you lost your MoJo? Well then this is the class for you! This fall we will be working on 2 projects! The first one is called MoJo. This quilt is 50" x 68" and you will need 8-fat-quarters, Inner border 3/8 yds. Outer border 1 yds., binding 1/2 yds. and 3 yds. for backing fabric. This quilt works up very quickly and makes a great Christmas present! The second quilt is called Pebble Path. This quilt uses precut 5' squares and 10" square; however like all quilters we have many scraps, so you can also cut your own squares. Pebble Path is a larger quilt, twin 67" x 93" is great size for any child in your life! The blocks in this quilt are 13 1/2 "squared so if you are looking to make a larger quilt this this could meet your needs. If you have any other questions please call 508-349-3085 ask for Chris Grozier. For this class you will also need to bring:

Neutral thread

Scissors

Quilting pins

Rotary cutter, cutting mat, 6" x 24" acrylic ruler

90 degree right angle square

1/4 "ruler is very helpful

Seam ripper

Sewing machine in good working order with 1/4 presser foot

Sewing machine manual

Extension cord

### **Total Body Workout**

*Alison Waldo*

**Truro Central School Gym**

**Mondays&Wednesdays, 4:00-5:00PM**

**Class Begins: October 20, 2014(6 weeks)\$70.00 Twice a week/50.00 Once a week**

Total Body Workout is a class aimed at training your entire body! Using various strength training techniques combined with short bursts of aerobic activity keeps your body guessing. This strategy known as muscle confusion is extremely effective in achieving results in a short amount of time. If you put in the effort you WILL feel the difference in your upper body, lower body and abdominals. Instructor Alison Waldo is a SCW certified fitness instructor, personal trainer and TRX trainer, who has been conducting this class for over 5 years with great success. This total body workout class is an excellent way to get fit in a fun, social way.

### **Yoga for Teenage Girls**

*Genevieve Morin*

**Truro Central School**

**Mondays, 4:00-5:00PM**

**Class Begins: November 3, 2014(6 Weeks) \$60.00**

**\*\*\*\*\*A bus stop will be designated on Tuesdays at TCS for those from NRMS and NRHS wishing to participate\*\*\*\*\***

This yoga class will offer teen girls age 13-17 tools to help them navigate their daily stress brought on by rapid physical changes, academic demands, social pressures and relationships.

Through yoga asana (poses), pranayama (breathing), meditation and self-reflection we will develop not only strength and flexibility but gain self-confidence, resilience and ways to better manage stress. We will cultivate a healthy approach to self-image, celebrate our inherent beauty and individuality.

Let's empower our girls to engage the world with heightened awareness and give them the courage, confidence to make positive choices for themselves.

### **It's STORY TIME!!**

*Stacey Klimkosky*

**Truro Central School Media Center**

**Mondays 5:30-6:00PM**

**Class Begins: October 20, 2014(6 Weeks) \$50.00/\$45.00(Sen. Discount)**

This is a special adult ed class you can enjoy with your young child! Each week will feature a different theme and include read alouds (stories) followed by activities and a take-away project. First up will be the author Mo Willems featuring lovable characters like Knuffle Bunny, Piggie and Gerald and the Pigeon. If you are a parent, grandparent, aunt, uncle or special adult in a child's life, please join us! 2 children per adult max, please. The stories and activities will be appropriate for children ages 3--Grade1.

**Clay**  
**David Wright**

**Truro Central School Art Room**  
**Classes Begin October 21, 2014(6 weeks)**

**Tuesdays 7:00-9:00PM**  
**\$85.00/\$80.00(Sen. Discount)**

Have you ever wanted to make simple decorative or practical objects for your home or to give as gifts? Explore the satisfying experience of hand-building in clay. Make an abstract sculpture, miniature dolls or a coffee mug using the ancient techniques of building w/ clay coils, pinch pots and slabs. All pieces will be glazed and low-fired. Come join the fun.

David Wright has been teaching clay classes for kids and adults for over 20 years.

**Introduction to Prana Flow Yoga**  
**Genevieve Morin**

**Truro Central School**  
**Class Begins: October 21, 2014(6 weeks)**

**Tuesdays, 5:30-6:30 pm**  
**\$60.00/\$55.00 (Sen. Discount)**

This class is designed to bring the basics of Prana (vital energy) Flow Yoga to the beginner while receiving individualized attention as you gain flexibility, strength and balance.

In this class we explore the movements of Prana through alignment of asanas (yoga poses) and surya namaskars (salutations). Yogic breathing, meditation and relaxation techniques will also be introduced.

**Line Dancing**  
**Julie Rich**

**Truro Central School Cafeteria**  
**Class Begins: October 22, 2014(6 weeks)**

**Wednesdays, 4:30-5:30PM**  
**\$60.00/\$55.00(Sen. Discount)**

This is NOT your typical county two stepping, but will be done in lines as a group to either pop or soul music. All dances will be taught step by step so that everyone has a chance to really absorb the sequence. No previous dance experience necessary, no special clothing or footwear, this is not an aerobic exercise and will be appropriate for all ages and physical fitness levels.

## **Rubber Stamping and Card Making**

*Beth Wood*

**Truro Central School Art Room**

**Classes: 10/22, 10/29, 11/5**

**Wednesdays, 6:00-8:00 pm**

**\$50.00/\$45.00 (Sen. Discount)**

**Price of class includes materials**

October 22 - Halloween

October 29 - Thanksgiving

November 5 - Christmas

Rubber stamping and card making is fun and easy! You don't need to be talented or creative. You will be impressed with your completed projects on the first night of class. You will make four holiday themed cards during every class.

Class size is limited to 8 participants.

## **Book talking with 'Tweens**

*Stacey Klimkosky*

**Truro Central School Media Center**

**Class Begins: October 22, 2014(6 weeks)**

**Wednesdays, 5:30-6:30 pm**

**\$50.00/45.00 (Sen. Discount)**

Do you feel lucky? When is the last time you read a book WITH a special kid in your life?

There is some amazing children's literature out there! Experience reading one novel in particular with a child. We will read the novel ***Touch Blue*** by **Cynthia Lord**. In it, the state of Maine threatens to shut down their island's one-room schoolhouse because of dwindling enrollment. Eleven-year-old Tess, a strong believer in luck, and her family take in a trumpet-playing foster child, to increase the school's population. In this book, we learn a lot about what it means to belong--and how lucky we feel when we do. It's about a small coastal town working together, traditions, and the meaning of family. (Sound familiar?)

Each week we will come together for a book talk and pair it with discussions, activities and/or read-alouds. The book is widely available in paperback and hardcover and through CLAMS at many Cape Cod libraries and should be purchased before the first class. It would be best if each participant has their own copy. You do not have to read any of it before the first class, in fact, it's better if you wait!

This class is appropriate for adults AND their children grades 4 and up. The book is a mid-4th grade reading level. 2 children max per adult please. You don't have to sign up with a child to participate. Hope you'll join us!

## **TRURO CENTRAL SCHOOL COMMUNITY EDUCATION REGISTRATION**

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHONE # \_\_\_\_\_ CELL# \_\_\_\_\_

EMAIL # \_\_\_\_\_

COURSE TITLE: \_\_\_\_\_

**\*\*MAKE CHECKS PAYABLE TO: TRURO COMMUNITY EDUCATION**  
\*\* Mailing Address: PO Box 2029, Truro, MA 02666-2029

### **Community Education Consent and Release Form**

I, the undersigned do agreed to forever release the Town of Truro, the School Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in Community Education programs of the Truro Public Schools ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries or property damage resulting from my participation in Truro Public School's Community Education program.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries or property damage resulting from my participation in the Truro Public School's Community Education programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation in these programs is voluntary and that I am free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to participate in the Truro Public School's Community Education programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I may suffer in Truro Public School's Community Education programs.

Signed:

Date: